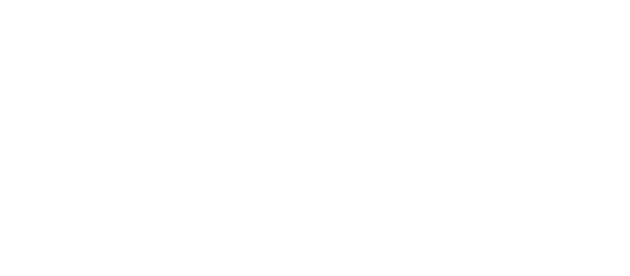
Molded Fruit Salad

Meal Components: Fruits

Salads, Sauces, Condiments & Dressings, E-01

Ingredients	25 Servings Weight Measure		50 Servings Weight Measure		Directions	
Canned crushed pineapple, with juice, chilled	1 lb 10 oz	3 cups (1 1/3 No. 2 cans)		1 qt 2 cups (2 2/3 No. 2 cans)	1. Drain pineapple and reserve juice for step 3. For 25 servings, reserve 1 cup. For 50 servings, reserve 2 cups. Reserve pineapple for step 5.	
Lemon gelatin	12 oz	2 1/2 cups	1 lb 8 oz	1 qt 1 cups	2. In a bowl, dissolve gelatin in boiling water. Add reserved pineapple juice, orange juice concentrate, and yogurt. Whisk until smooth.	
Water, boiling		2 cups		1 qt		
Reserved pineapple juice		1 cup		2 cups		
Orange juice concentrate		1/4 cup		1/2 cup		
					3. Freeze mixture for about 30 minutes, until it begins to set. Reserve for step 6	
*Fresh or white seedless grapes, halved, chilled	1 lb	2 cups	2 lb	1 qt	4. Place 8 ¼ oz (1 ¼ cups) of crushed pineapple and 8 oz (1 ¼ cups 2 Tbsp) of grape halves in each 3 qt gelatin mold or baking pan (9" x 13" x 2"). For 25 servings, use 2 molds or pans. For 50	



- 5. In a mixing bowl, use the whip attachment on medium speed to beat the gelatin mixture for 5 minutes, until fluffy
- 6. Pour 1 lb 12 oz (1 qt) of whipped gelatin over the fruit in each mold and stir gently to blend. Refrigerate until set, at least 2 hours.
- 7. Portion with No. 10 scoop (? cup).

Notes

* See Marketing Guide

Special Tip:

This salad may also be prepared substituting equal volumes of fresh diced apples or fresh grated carrots for fresh grapes, and substituting equal volumes of canned Mandarin oranges, canned diced peaches, and juice for canned pineapple and juice.

Marketing Guide						
Food as Purchased for	25 Servings	25 Servings				
Grapes	1 lb 1 oz	2 lb 2 oz				

Serving	Yield	Volume
? cup (No. 10 scoop)	25 Servings: 5 lb 8 oz	25 Servings: 2 quarts
provides ¼ cup of fruit.		2 ½ cups 2 pans
	50 Servings: 11 lb	
		50 Servings: 1 gallon
		1 ¼ quarts 4 pans

Nutrients Per Serving								
Calories	99	Saturated Fat	0.23 g	Iron	0.18 mg			
Protein	2.44 g	Cholesterol	1 mg	Calcium	46 mg			
Carbohydrate	22.58 g	Vitamin A	51 IU	Sodium	50 mg			
Total Fat	0.41 g	Vitamin C	7.6 mg	Dietary Fiber	0.4 g			